

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 23/04/2024

### Times for Thursday 9 December



Time	Session	Facility	Instructor	Level
9:00 am - 10:00 am	Freedom Indoor Cycling	Clubroom	Sinead	
10:30 am - 11:30 am	Pilates	Clubroom	Vanessa	all levels
10:30 am - 11:30 am	Freedom Circuits	dance studio	Luc Best	all levels
10:30 am - 11:30 am	Kettlercise	squash court	Frank	all levels
6:30 pm - 7:30 pm	Legs, Bums & Tums	dance studio	Sally	all levels